Impact of Substance Abuse on Students' Academic Achievement, Well Being and Social Adjustment at Secondary Level

Synopsis

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Submitted by

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1.0.0 INTRODUCTION

The epidemic of substance abuse in young generation has assumed alarming dimensions in India. Changing cultural values, increasing economic stress and dwindling supportive bonds are leading to initiation into substance use. Today, there is no part of the world that is free from the curse of drug trafficking and drug addiction. Millions of drug addicts, all over the world, are leading miserable lives, between life and death.

India is also caught in this vicious circle of substance abuse, and the numbers of drug addicts has been increased day by day. Tripura AIDS Control Society has identified students from as many as 220 schools and 24 colleges and universities who take injectable drugs. Not only this, the recent data shows that almost every day, five to seven new cases of HIV are being detected, this information given by a senior official of TSACS. (DD News 6 July 2024).

According to S.H.M.S Hospital Srinagar, one of addicts walks into Srinagar OPD every 12 minutes (Indian Express Newspaper, 20August 2023).

1.1.0 **Reasons to get involved in substance abuse by adolescents**:

1.1.1 Friends Influence: Everyone in the peer group drinks so why one should leave behind. Sometimes it’s the curiosity to try once but later it turns out to be a daily routine. Youth think that it's a common thing to do.

1.1.2 Media Influence: Also, media makes drug and drinking an okay and cool thing to do, many shows and movies show this. More importantly we try to escape from every problem of life and start drinking just for little happiness which we will get. Even the educated people drink to avoid stress and IT might BE POSSIBLE that no one desires to bring their image down in front of their friends.

1.1.3. Social media & TV influence: Promoting substance use as the way media and Television Influence drug use. Media can also actively promote substance use, particularly in the form of advertising. Alcohol and tobacco companies spend billions of dollars each year on marketing campaigns that often target young people.

Adolescent is a phase, where youngsters are vulnerable to many environmental influences that may affect their behavior rather positively or negatively.

1.2.0 What are substances?

Substances are drugs that have addiction potential, which might be prescription drugs or over-the-counter medical drugs, plants and include alcohol, tobacco/nicotine, such as smoking cigarettes and electronic cigarettes, inhalants, such as paint thinners, aerosol sprays, fevibond, grease, solution, whitener, etc.

While these substances are very different from each other, they all strongly activate the reward center of our brain and produce feelings of pleasure. Substance addiction is a disorder that affects the brain and behavior of a person, resulting in an inability to manage the use of a legal or illicit substance or medicine. Substances like alcohol and nicotine are also classified as drugs. When you're hooked, you may continue to take the substance despite the consequences.

1.2.0. How does substance affect the brain?

When someone consumes any kind of substance, the substances enter the bloodstream and are transferred throughout the body to numerous organs. The brain is included in this. Drugs infiltrate the brain and disturb normal brain function. Drugs, in general, interfere with the way neurons in the brain send, receive, and process information through neurotransmitters. Substances, in other words, influence how brain cells interact. However, each type of substance might have a distinct effect on the brain. For example, some substances imitate the function and chemical structure of the brain's natural neurotransmitters. As a result, wrong messages are delivered throughout the body. On the other hand, some substance can cause excessive amounts of neurotransmitters such as dopamine to be released, enhancing communication between neurons. Various areas of the brain are affected by substance. They impact the areas of the brain that are dedicated to pleasure i.e. the brain's "reward circuit", which is why many substance generate initial bursts of euphoria. Eventually, as substance is used repeatedly, a user’s sense of pleasure diminishes.

Substance also have an effect on the brain's prefrontal cortex, which is responsible for our capacity to think logically, plan ahead, solve issues, make decisions, and regulate desires. Substance, in particular, impairs the brain's capacity to make reasonable decisions or develop self-control, and induce a person to pursue drugs compulsively prioritizing drugs above other duties.

This region of the brain is not fully mature throughout adolescence, rendering adolescents particularly prone to substance abuse and addiction. Finally, substances have an effect on the area of

the brain that feels unpleasant emotions such as anxiety and rage. Substances tend to alleviate feelings of uneasiness, which motivates people to continue taking substances. However, this is what leads to addiction. This brain circuit becomes "increasingly sensitive" to substance use, allowing drugs to self-medicate emotions of anxiety and irritation rather than causing a person to get high,

1.3.0. How does substance affect mental health?

Now that we know how substances influence the brain, we can look at how substances affect mental health. While each substance is unique and has varied effects on different people, there are a few categories that characterize how medicines influence mental health:

Substance usage generates withdrawal symptoms, which are frequently accompanied by mental health issues. Anxiety and sadness are common withdrawal effects, as well as panic attacks, irritability, sleeplessness, and other symptoms.

Substance induced mental illnesses, as defined by research, are depressed, anxious, psychotic, or manic symptoms that emerge as a physiological effect of substance use. These problems can arise as a result of substance use, intoxication, or withdrawal

According to the National Institute on Drug Abuse, NIDA, India, 14th April 2020, “Drugs precedes the first symptoms of a mental illness may produce changes in brain structure and function that kindle an underlying predisposition to develop that mental illness.”

It is also important to note that while drugs can have a direct influence on a person's mental health, there are different ways in which substance use and mental health are linked. People suffering from mental illnesses frequently turn to medications to cope with uncomfortable symptoms, which some substances might lead to mental health issues later in life. This is because mental illness and drug use disorders share risk variables such as family history, trauma histories, chronic stress, and more.

1.4.0. The most prevalent substances, which lead to addiction among adolescents:

1.4.1 Alcohol: This is one of the most common of all substance misuse problems. Despite the fact that it is legal, it has a great potential for abuse. Alcohol misuse increases the risk of various major health problems, including brain damage, liver damage, heart disease, and hypertension. Abuse can also result in major health problems connected to withdrawal and behavior while intoxicated.

1.4.2 Tobacco: India faces a dual burden of tobacco use in the form of smoking and smokeless tobacco.

Tobacco is a substance that has been used for hundreds of years; thousands of individuals die from tobacco misuse each year. This leafy plant contains nicotine and is responsible for the majority of avoidable sickness and mortality. Tobacco use increases the risk of cancer and a variety of other disorders. Nicotine withdrawal may be extremely unpleasant, making it tough to quit smoking.

Cigarettes: Tobacco product includes e-cigarettes, cigarettes, cigars, smokeless tobacco (composite), and pipe tobacco. Most adolescents start using substance at the age of 12 or 13 years and it starts with the use of substances such as cigarettes and hookahs that are available in society.

Electronic cigarettes (e-cigarettes): also known as vape or Electronic Nicotine Delivery Systems, ENDS, are battery-powered devices that convert a liquid / e-liquid into an aerosol. E-liquids typically contain nicotine, flavorings, vegetable glycerin, propylene glycol, and other chemicals.

Beedi: Small brown cigarettes wrapped in a leaf generally popular in rural India and among labours and lower class.

Hookah: Hookah is a classic method of tobacco smoking and it dates back to more than 400 years. The younger age of smoking and the popularity of hookah among adolescents are major problems. Hookah bar culture is more trending among youth.

Other tobacco products are Nicotine pouches, and other oral nicotine products like *vimal pan masala, kamla pasanda & khaini* etc.

The way mass media show tobacco product use as a normal activity, may influence young people want to try these products.

1.4.3 *Bhang*: Bhang is a substance with mind-altering properties that is prepared from the leaves and flower tops of the Indian hemp plant. As well as mushrooms, cactus, thorn apple and other trees are also found in nature, whose substances lead to addiction.

1.4.4 Prescribed & over –the- counter medicine: Medicines are drugs that can only be obtained with a valid prescription from licensed medical professionals. Over- the -counter medicines are drugs that can be purchased without a prescription**.** Pain relievers, cough syrups, cold medicine, and sleeping pills are commonly over used by people as an addiction instead of prescribed by the doctor.

1.4.5 Solvents: Users intentionally inhale or ingest solvents to alter their mental state e.g. Fevibond, aerosol adhesive, whitener and paint thinner etc.

1.5.0 VARIOUS REPORTS ON SUBSTANCE ABUSE

1.5.1 According to the summary of World Health Organization, WHO, Geneva, Switzerland, 2020, psychoactive substances create dependence syndrome, a drastic change in the behavioral, cognitive, and physiological pattern which are grown after regular and repeated use of those substances. Substance abuse is a means type of problem that affects every part of our life. It harms the users and the people around them. It ruins the normal daily routine, personal and social relationships and financial health. It creates a condition of intense crave for taking the drug, and that is unable or difficult to control the use despite knowing the adverse result. The abuser then gives more priority to drugs than the other activities, duties and obligations. There is a state of increased tolerance to drugs and sometimes a physical withdrawal state. Abusing substances lead to addiction and cause serious health problems and even death.

1.5.2 The American Society of Addiction Medicine, ASAM, Maryland, USA, 2020 defines, "Addiction as a chronic brain disease that affects motivation, memory, reward, and related parts of the brain. Substance abusers who have an addiction are sometimes not able to stay away from using substances and cannot recognize the extent of the negative impact of the addictive substance has on their lives".

1.5.3 The National Institute on Drug Abuse, NIDA, Maryland, USA, 2007, reports that addictive substances change brain structure and chemistry; this is why addiction called as a brain disorder. The negative results of substance use or to say substance abuse may go for a long run. It finally affects the brain, individual behavior and mood and sometimes can lead to an adverse behavioral manifestation. There are so many issues that can make threats to the soberness of any former substance and alcohol abusers. For example, psychiatric disorders like bipolar, attention deficit and other mood disorders like nervousness and gloominess can cause relapse in the addiction of substances.

Depression and stress, rage, failure and different difficult situations in people's life also form a picture that leads the person to go back into the same situation of initiating addiction.

Substance abuse has led to a detrimental impact on the society. It has led to increase in the crime rate. Addicts resort to crime to pay for their drugs. Drugs remove inhibition and impair judgment

egging one on to commit offences. Incidences of teasing, group clashes, assault and impulsive murders increase with substance abuse. Apart from affecting the financial stability, addiction increases conflicts and causes untold emotional pain for every member of the family. With most drug users being in the productive age group of 18-35 years, the loss in terms of human potential is incalculable. The damage to the physical, psychological, moral and intellectual growth of the youth is very high.

Adolescent substance abuse is one of the major areas of concern in adolescent and young people's behavior it is estimated that, in India, by the time most boys reach the ninth grade, about 50 percent of them have tried at least one of the substances of abuse nature. In last three decades, many epidemiological surveys have been carried out in India to assess the prevalence of substance abuse.

2.0.0 EMERGENCE OF THE PROBLEM

Substance abuse has become a worldwide menace. No part of the world is free from the curse of drug addiction. Substance abuse has emerged as a serious concern, adversely affecting the physical and socio-economic well-being of the country. It has enormous presence on public health across various sections of society. The epidemic of substance abuse in younger generation has assumed alarming dimensions in India.

The stress and strain of the modern-day life has rendered the individual more vulnerable to the problem of substance abuse. Addiction to alcohol/drugs not only affects the individual involved, but also the family and society at large. Recognizing the seriousness of the multi- faceted implications of the incidence of substance abuse in the country, an awareness has been spread among the people as well as government policies are also being launched. Simultaneously, NEP 2020, MSJE, UGC, NCERT, State & Central governments, Universities, and stake holders of the society have been preparing tremendous reforms, plans of actions and efforts to eradicate this abuse from the society. Thus, some highlights & campaign programmes as well as schemes are being suggested by apex body & statutory institutions of India, which are mentioned below:

2.1.0 Central Board of Secondary Education, New Delhi, 4 June 2024, in collaboration with the Narcotics Control Bureau, NCB, India, launching an awareness campaign to motivate everyone particularly the youth, to take an E-pledge against the menace of drugs. The E-pledge campaign

entitled, “Say Yes to Life, No to Drugs” will be a commendable step towards ensuring a healthy and drug free environment for our youth and our country.

2.2.0 New Education Policy, NEP, India, 2020, part I, chapter 8.11, highlights the issue of substance abuse and state, “Careful attention paid to issued faced by adolescents, such as substance or drug abuse in standard-setting and accreditation for School Education.”

2.3.0 Ministry of Social Justice & Empowerment, MSJE, Govt. of India, 2015 has been also implementing the scheme of prevention of alcoholism and substance abuse through the National Action Plan on Drug Demand Reduction. It provides a host of services, including awareness generation, counseling, treatment and rehabilitation of dependents (addicts). The programme emphasizes a community-based prevention approach through educational programmes and services for drug dependent persons and their caregivers.

More ever, this issue requires a comprehensive prevention and control programmes in schools and the community, targeted towards school and college students, teachers and family members. Effective measures are required to encourage the shaping of the attitude of school children toward self-confidence and adequacy, so as to prevent risk behavior among adolescents and children.

The immediate and ultimate need is to consider how children should be sensitized to the dangers of substance use and the need to develop resistance to prevailing and social pressure. Thus a study might be conducted to find out the causes and effect of substance abuse on the mental health, academic achievement ultimately their well- being in India.

3.0.0 JUSTIFICATION OF THE PROBLEM

Adolescence is a period that links childhood and adulthood in one’s life. The age between 12 to 18 years is usually considered the adolescent age, which is also known as Teenage. The teenage period of life is considered very crucial in a person’s life as it is the time when a lot of physical, as well as psychological changes occur. Most teenagers can be influenced by many external and internal factors. This emotional upheaval makes adolescents vulnerable to alcohol and drug or substance use. Once they are exposed to the use of alcohol and drugs, it is highly likely for them to get addicted to them thus resulting in alcohol and substance abuse.

Increasing stress and peer pressure on adolescents today have also led to drug and alcohol abuse.

During the teenage period of life, addiction occurs when there is frequent use of drugs and there will be changes in brain function over time. The changeover from voluntary to compulsive drug use reproduces changes in the brain's natural inhibition. All substance use, even experimental use, puts adolescents at risk of short-term problems, such as accidents, fights, unwanted sexual activity, and several crimes.

3.1.0 United Nations Office on Drugs and Crime, UNODC, New Delhi, 2018, conducted survey on substance use among the general population, the extent of drug use among youngsters' remains higher than that of older people. Exceptions have been reported, though, with the traditional use of drugs such as opium or khat.

3.2.0 Comprehensive National Survey, Government of India, 2018, suggests that early 12-14 years old to late 15-17 years, old is a critical-risk period for the initiation of substance use and that substance use may peak among young people, aged 18-25years, whose extent and pattern of substance use in India and the details of drug abuse are mentioned below:

Table 1.1 Age estimated number of substance abusers

S. No.	Name of the Substance	Estimated no. of users (age 10-17 years)	Estimated no. of users (age 18-75 years)
1.	Alcohol	30,00,000	15,01,16,000
2.	Cannabis	20,00,000	2,90,18,000
3.	Opioids	40,00,000	1,86,44,000
4.	Sedatives	20,00,000	1,05,80,000
5.	Inhalants	30,00,000	51,25,000
6.	Cocaine	2,00,000	9,40,000
7.	Amphetamines Type Stimulants	4,00,000	15,47,000
8.	Hallucinogens	2,00,000	11,01,000

(Source: Comprehensive National Survey, Government of India, 2018, Pp.24-26)

This figure shows how much attention is given to this issue because most of the population of our country is suffering from this, which is a matter of concern. Protecting children from the widespread prevalence of substance abuse is one of the biggest policy challenges being faced by India. Recent reports, of both official and private agencies, indicate that there has been a substantial increase in the prevalence of use and abuse of substances in young children.

This requires comprehensive prevention and control programs in schools and the community, required to encourage the shaping of the attitude of school children toward self-confidence and

adequacy, so as to prevent risk behavior among adolescents and children.

After studying various literatures related to substance abuse, it is found that the most challenging part is to identify the sample of studies, which are substance abusers.

Table 1.2 major studies conducted on substance abusers used in India & abroad

S. No.	Year	Name of Researcher	Sample Selection Techniques	Findings
1.	2023	Jan, S.	Interview schedule	It has been found that school & college going students were most vulnerable to get involved in substance abuse.
2.	2021	Chappidi, S.	Interview Schedule	This study find out that utmost common substances abused by the youths are plant based and as well as synthesized substances.
3.	2021	Chetia, S.	Drug use questionnaire	The finding of the study is Prevalence of drug use is similar among adolescents belonging to joint and nuclear families from both rural and urban setting.
4.	2021	Kavitha, N. K.	Substance resistance self efficacy chart(self-constructed)	Multimedia Learning Package has contributed for the prevention of substance abuse and positive life perception enhancement.
5.	2021	Md, H. S.	Snow ball sampling technique.	It has been found that the negative impact of drugs on the abuser's academic life.
6.	2021	Zangmu, L.	Interview schedule	The study reflects various effects of psychoactive substance abuse on behavior, mental health and academic performance, which provides an insight about negative effects of substances on adolescents.
7.	2018	Pazhiini, K.	Questionnaires consist of various question related to drug abuse pattern and extent	This study finds out the concerns such as loss of interest in academics, demand for more money, and negligent behavior among adolescents due to use of substance.
8.	2015	Kumar, A.	Interview schedule	This study reveals that alcohol and other drug addiction lead to low self-efficacy, and when self- efficacy expectations are increased, negative emotions like insecurity, worry and anxiety decrease or vice versa.
9.	2012	Kumar, S.	Interview Method	The finding of this study is that substance abuse influences specific life events happening in one's life and leading to addictive behavior.
10.	2011	Suresh, M.	Snowball sampling technique was used for developing a research sample	Major findings of the study are as: unsatisfactory adaptation in life, depression, anxiety, feeling of loneliness, insecurity and guilt, stressful interpersonal familial relations, stressful relations with teachers, dissatisfaction

				with school, and stress due to intense competition are main reason of substance use among adolescents.
11.	2010	Singh, S.	Self-monitoring chart	This study finds out that the behavior intervention is effective in reducing substance abuse among adolescents.
12.	1996	Kharmawphlang, V.	Snowball Technique	This study shows prevalence of drug abuse is more among the males being 85 per cent and still low among the females being 15 per cent.

Above mentioned these studies assist and facilitate researcher to know which techniques might be used to identify the sample that would be most appropriate for her research. In general, snowball technique, interview schedule and self-constructed tool have been used for identification of samples as well as findings.

The menace of substance abuse has become a critical problem in contemporary times, ruining the most productive and promising young minds. It is essential to foster a supportive environment in schools, families, and communities to eliminate the risks associated with substance abuse, thereby promoting a culture of overall well-being and development.

In order to understand and validate claims of shifts in pattern in the era of drug abuse, it is crucial to provide necessary information on the extent and nature of phenomena. Having the paucity of research in identifying the magnitude, development and dynamics of substance abuse, and after going through the research-studies related to Substance Abuse, there are some research questions, which arose in the mind of researcher (in the context of substance abuse) mentioned below:

3.3.0 RESEARCH QUESTIONS

- Does substance abuse have an impact on adolescents' academic achievement?
- How does substance abuse affect well-being of adolescents?
- What is the impact of substance abuse on social adjustment of adolescents?
- How do different substances influence adolescents in present scenario?

4.0.0 STATEMENT OF THE PROBLEM

On the basis of above mentioned research questions, researcher has decided to work on the topic mentioned below:

"Impact of Substance Abuse on Students' Academic Achievement, Well Being and Social Adjustment at Secondary Level"

5.0.0 DEFINITION OF TERMS USED IN THIS STUDY

5.1.0 Substance abuse

According to American Psychological Association, APA, 2014, "Substance abuse is a pattern of compulsive substance use marked by recurrent significant social, occupational, legal, or interpersonal adverse consequences, such as repeated absences from work or school, arrests, and marital difficulties".

Operational Definition

Substance abuse is the harmful pattern of using substances such as tobacco, alcohol, prescription drugs, over-the-counter medicines, natural plants and includes alcohol, tobacco/nicotine, such as smoking cigarettes and electronic cigarettes, inhalants, such as paint thinners, aerosol sprays, fevibond, grease, solution, whitener, etc. leading to impairment or distress with one or more of behaviors of individual. Tea and Coffee will not be considered as substance abuse.

5.2.0 Academic achievement

According to Cai and Cao (2019) argue that "academic achievement is not only about students' academic performance in school, but should also include all aspects of their knowledge, competence and literacy development".

Operational Definition

Academic achievement represents performance outcomes that indicate the extent to which a person has accomplished specific goals that were the focus of activities in instructional environments, progress report in curricular and co- curricular activities specifically in school.

5.3.0 Wellbeing

According to Tchiki Davis, 2019, "The ability to practice stress-management and relaxation techniques, be resilient, boost self-love, and generate the emotions that lead to good feelings."

Operational Definition

Well-being has been defined as the combination of feeling good and functioning well; the experience of positive emotions such as happiness and contentment as well as the development of one's potential,

having some control over one's life, having a sense of purpose, and experiencing positive relationships.

5.4.0 Social adjustment

According to Crick and Dodge, 1994, "Social adjustment is defined as the degree to which an individual engages in competent social behavior and adapts to the immediate social context."

Operational Definition

Social adjustment is an effort made by an individual to cope with standards, values and needs of a society in order to be accepted.

5.5.0 Secondary Level

According to New Education Policy, NEP, 2020, "Secondary level in India is the final phase of school education and is also known as higher secondary education. It covers grades 9–12, which are divided into two phases: grades 9 and 10, and grades 11 and 12. This phase is for students aged 14–18."

Operational Definition

Secondary level education is a bridge between primary and higher education. It is also an extremely transition and crucial period. The aim of secondary education is to enhance personality development; development of democratic citizenship; development of leadership and development of vocational efficiency. Purpose of secondary level is to provide students with a well-rounded education that prepares them for higher education or the workforce. It aims to develop their intellectual, social, and emotional skills, while also fostering critical thinking, creativity, and independence.

6.0.0 OBJECTIVES OF THE STUDY

The objectives of the present study are mentioned below:

1. To study the prevalence of substance abuse among secondary level students.
2. To study the academic achievement of secondary level students.
3. To study the Well-Being of secondary level students.
4. To study the Social Adjustment of secondary Level students.
5. To study the impact of substance abuse on Academic Achievement secondary level of students.
6. To study the impact of substance abuse on Well-Being of secondary level students.
7. To study the impact of substance abuse on social adjustment of secondary level students.

7.0.0 HYPOTHESES OF THE STUDY

- There will be significant impact of substance abuse on academic achievement of adolescent students.
- There will be significant impact of substance abuse on well-being of adolescent students.
- There will be significant impact of substance abuse on social adjustment of adolescent students.

8.0.0 DELIMITATION OF THE STUDY

The study will be limited to the following points:

- The study will be confined to U.P. Board affiliated school of Agra city only.
- The research will be conducted on secondary level students (Class XI & XII), so the results will be valid and applicable on this level only.
- The study will be applicable on these substances: prescription or over-the-counter medical drugs, natural plants and include Alcohol, Tobacco/nicotine such as smoking and chewing, Inhalants, such as paint thinners, aerosol sprays, Fevi-bond, Grease, Solution, and Whitener. Tea and Coffee will not be considered as substance abuse.

8.0.0 VARIABLES OF THE STUDY

8.1.0 Independent variable: Substance Abuse

8.2.0 Dependent variable: Academic Achievement, Well-being, Social Adjustment.

9.0.0 RESEARCH DESIGN

For the achievement of (above- mentioned) objectives a descriptive Research Design will be used. The sample of this study will be 200 adolescent students, drawn equally from two groups, namely substance abusers (N=100) and non-substance abusers (N=100). They will be male and female both enrolled in U.P. Board affiliated school of Agra city. In this way, an attempt will be conducted to compare two groups of respondents in terms of their Academic Achievement, Well-Being and Social Adjustment. The design is shown as follows:

Table 1.3 Planning of the elements of methodology of the study

S. No.	Schools	Groups	Sample	Assessment		
				Academic Achievement	Well Being	Social Adjustment
1.	School I	Substance Abusers	10	By Comparing students' class X Mark sheet of both groups.	By Implementing General Well Being tool on both groups.	By Implementing self- constructed tool of Social Adjustment on both group.
		Non-Abusers	10			
2.	School II	Substance Abusers	10			
		Non-Abusers	10			
3.	School III	Substance Abusers	10			
		Non-Abusers	10			
4.	School IV	Substance Abusers	10			
		Non-Abusers	10			
5.	School V	Substance Abusers	10			
		Non-Abuser	10			
6.	School VI	Substance Abusers	10			
		Non-Abusers	10			
7.	School VII	Substance Abusers	10			
		Non-Abusers	10			
8.	School VIII	Substance Abusers	10			
		Non-Abusers	10			
9.	School IX	Substance Abusers	10			
		Non-Abusers	10			
10.	School X	Substance Abusers	10			
		Non-Abusers	10			

10.0.0 SAMPLING TECHNIQUE

Substance use screening tool will be constructing to identify substance abusers, so that the researcher will know, which student is using substance or which is not. It incorporates such dimensions as personal oral & inhale habits pattern related to daily life. Like frequent use of cough syrup, Betel and Tobacco chewing, Smoking, *thandai* and pills of *bhang,* Smoking, Hookah, alcohol consumption etc.

The criteria for the selection of samples for the group of substance abusers will be based on taking of

substance in a time interval. Those who will be taking one or more substances of a drug about once a month will be selected for the substance abuser group. The control group (non-abusers) consists of those samples, who will not be taking any substance in any form.

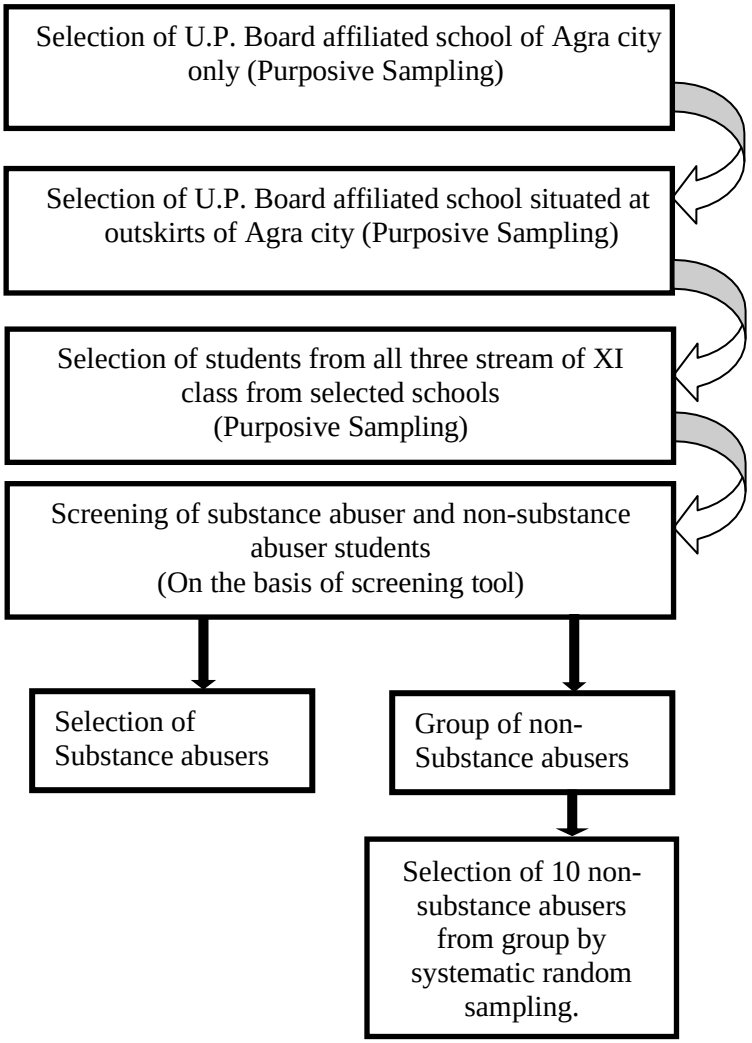
Selection of U.P. Board affiliated school of Agra city only (Purposive Sampling)
Selection of U.P. Board affiliated school situated at outskirts of Agra city (Purposive Sampling)
Selection of students from all three stream of XI class from selected schools (Purposive Sampling)
Screening of substance abuser and non-substance abuser students (On the basis of screening tool)
Selection of Substance abusers
Group of non-Substance abusers
Selection of 10 non-substance abusers from group by systematic random sampling.

Fig. 1 Sampling procedure

11.0.0 Pilot study Phase-To check the feasibility of the study, in terms of availability of sample and willingness of educational institutions to participate in the study, the researcher has done Pilot survey at five Senior Secondary Schools of Agra city. Initial formal discussion and written consent with school authorities led the researcher to begin her pilot study.

To check availability of sample, the researcher has administered an adapted tool, entitled; "self-report questionnaire." constructed by L. M. Joshi, Dept. of Teacher Training and Non Formal Education, J. M. I. University, N. Delhi, 2021. This adopted tool has been used only for pilot survey. The objective

of this tool is similar as researcher's objective of pilot study. The obtained reliability coefficient of this tool is 0.77.

It includes assessing the prevalence of substance use among the school students. It requires students to fill the necessary information as per own experiences themselves. The students are assured that their information would be kept confidential. There are three sections, which consist of 39 items in the form of semi-structured self-report questionnaire.

The data was collected from class XI students of 5 Schools. The identification of the schools has not been revealed as per the requests from concerned school authorities and code names are used here.

Table 1.4. Details of the schools are as following

S. No.	Types of schools	Boys	Girls	Total
1	Government Affiliated Co-Ed. school (GAS-1)	34	13	47
2	Government Affiliated Co-Ed. school (GAS-2)	39	15	54
3	Government Affiliated Co-Ed. School (GAS-3)	28	12	40
4	Government Co-Ed. School (GS-4)	31	17	48
5	Government Co-Ed. School (GS-5)	28	15	43
Total		**160**	**72**	**232**

The responses given by the students of substance use have been analyzed into percentage.

N = 232

Non abusers = 184 (79.31%)

Abusers = 48 (20.68%)

Researcher has confirmed and cross verifies the data from peer group**.** On the basis of this pilot study it has been confirmed the feasibility of identification the substance abusers and non-substance abusers.

12.0.0 TOOLS OF THE STUDY

In order, to measure the Impact of Substance Abuse on Well-Being and Social Adjustment of the students, following tools will be used:

Table 1.5: various tools will be used in the study

S. No.	Name of Tool	Author	Nature	Level	Description
1.	General Well Being Scale	Ashok K. Kalia & Anita Deswal	Questionnaire (Close Ended)	Secondary Level	The scale consists of 55 items in four dimensions: physical, Emotional, social, and school well- being. **Reliability**–0.994 **Validity**- 0.639 and 0.715
2.	Social Adjustment	Self-Constructed	Questionnaire (Close Ended)	Secondary Level	The questionnaire will be divided in to four dimensions: Cooperation, Social and leisure activity, Role as a peer member, relationships with family.
3.	Substance Use Screening Tool	Self-Constructed	Questionnaire (Close Ended)	Secondary Level	The questionnaire will be based on Oral and inhale Habit Patterns of Adolescents.

12.0.0 STATISTICAL TECHNIQUES TO BE USED IN THE STUDY

The data will be analyzed in light of objectives of the study both qualitatively as well as quantitatively. Certain Descriptive and Inferential statistics will be used in order to describe the nature and distribution of the scores obtained by various tests. This will include following methods analysis:

1. **Mean**: Mean value will be calculated for the distribution of achievement scores, well- being scores and parental involvement scores.
2. **Standard Deviation**: The calculation of standard deviation will be used to study the variation in the scores.
3. **T-test**: Inferential statistics techniques such as T-test will be calculated for testing significance of the difference between mean and standard deviation of both groups.
4. **ANOVA:** ANOVA provides a robust way to understand the relationships between variables and identify significant differences among groups.

13.0.0 SIGNIFICANCE OF THE STUDY

Students are future of nation. If they fail in their life, the nation also fails in its future. Substance abuse

is the main cause of student's failure in their education. So, it is necessary to provide proper education to avoid substance abuse towards students, teachers and parents. School dropout, antisocial activity, and robbery are some of the issues related to drug abuse among students. There are so many researchers explained the need to avoid drug abuse among students. They explained how to avoid, how to prevent educational dropout and improve student's life. They are the good sources of information. They will help us to provide good counseling to the students to takeoff them from drug abuse.

For Parents

The study will help parents and adolescents to understand how it came about that adolescents abuse substances as well as their knowledge thereof. It is therefore important to determine the reasons and nature of substance abuse by adolescents. In order to be able to suggest measures which could be applied to prevent and control the substance abuse problem.

For Teachers

This study will help educators, health care professionals, and other professionals involved with adolescents to understand the prevalence of adolescent substance use and abuse, and associated morbidities.

For Society

This study will help in recognition that our adolescents are indeed in a difficult development stage, faced with so many challenges and need to be given all the necessary support they deserve as human beings. However, this is a responsibility for youth leaders, parents, educators, police officials, department of health and social development, department of justice, department of economic development, department of foreign affairs, religious leaders, traditional leaders, as well as political structures.

This study will support the nation that substance abuse is a problem which requires a concerted effort by all the stakeholders involved in youth development so that this problem can be fully addressed.

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- Title of Thesis : A Study of Substance Use Among School StudentsName of the Researcher : Joshi, Lalit Mohan Name of the Guide : Savitri Completed Year : 2021 Abstract : newline Name of the Department : Department of Teacher Training and Non-Formal Education Name of the University : JamiaMiliaIslamia University